Does Sitting Affect Blood Pressure? Transcript

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Study on reducing sitting time

You've probably heard that sitting for most of the day isn't great for your health, but it's not every day that we see several months long randomized controlled trials on the topic.

This trial included 283 participants ages 60 to 89 who had a BMI that is consistent with obesity and who reported sitting at least 6 hours a day.

Trial design and participant details

and they randomized them into one of two groups. Those in the sitting reduction group had 10 coaching meetings over six months, received standing desks, and had trackers to monitor their standing and moving time.

They were also prompted by their trackors to take breaks from sitting.

Intervention vs control groups

those in control group also had ten coaching meeting where they focused on a variety of healthy living topics like healthy eating, sleep, etc. Those in the sitting reduction group ended up spending over 30 less minutes sitting per day compared to the control group, and their systolic blood pressure was about 3.

Reduced sitting and blood pressure results

5 points less compared with the Control Group at 6 months, without any significant differences in weight, BMI or waist circumference between the groups.

Notably, there were no significant differences in walking time or step count between the groups, but there was significantly greater standing time in the intervention group.

Health implications of standing breaks

This suggests that periodically taking breaks from sitting to stand for a little while can help lower blood pressure and may help explain why sitting time is associated with cardiovascular risk.